



Preventive Screening Guidelines for Healthy Adults

Getting preventive care is one of the most important steps you can take to manage your health. That's because when a condition is diagnosed early, it's usually easier to treat. And regular checkups can help you and your doctor identify lifestyle changes you can make to avoid certain conditions. As always, consult with your doctor for the screenings and immunizations most appropriate for you.

Please see the screening guidelines below to see if you're up-to-date.¹

Well Visit	18–21 years	22–26 years	27–49 years	50–59 years	60–64 years	65+ years
Includes personal history, blood pressure, body mass index (BMI), physical exam, preventive screening, and counseling	Annually	Every 1-3 years, depending on risk factors		Annually		
Cancer Screenings						
Colorectal Cancer	Not routine, except for patients at high risk			Colonoscopy at age 50 and then every 10 years, or annual fecal immunochemical test (FIT), or sigmoidoscopy every 5 years plus fecal occult blood test (FOBT) every 3 years, or, annual FOBT		
Skin Cancer	Annual total skin exam at discretion of doctor					
Breast Cancer (Women)	Mammograms before age 50 are performed due to individual context after discussing risks, benefits, and harms with a doctor.			Mammography every two years from age 50–74. After age 75, discuss benefits and limitations with your doctor.		
Cervical Cancer (Women)	Cytology (Pap Smear) every 3 years from age 21–65, or cytology with HPV every 5 years from age 30–65 if both initial tests are negative					
Testicular and Prostate Cancer (Men)			Informed decision-making regarding prostate-specific antigen screening, or PSA screening, starting at age 40-50, depending on risk			
Sensory Screenings						
Eye Exam			- Every 2-4 years, age 40-54 - Every 1-3 years, age 55-64			
Hearing Assessment	Unnecessary if asymptomatic					
Infectious Disease Screening						
Zika Virus	At each prenatal visit, health care providers should screen pregnant woman for possible exposure to Zika virus before and during the current pregnancy and possible symptoms of Zika virus infection.					
Chlamydia and Gonorrhea	<ul style="list-style-type: none"> Annual chlamydia screening for all sexually active women younger than 25 years and sexually active women 25 years or older with risk factors (e.g., a history of prior chlamydial or other sexually transmitted infection, new or multiple sex partners, sex partner with concurrent partners, sex partner with a sexually transmitted infection, or exchanging sex for drugs or money) Routine gonorrhea screening should be offered to sexually-active patients at high risk of infection 					

Infectious Disease Screening (continued)	18–21 years	22–26 years	27–49 years	50–59 years	60–64 years	65+ years
HIV	Routine screenings for patients 18 years and older, and annual for those at increased risk					
Syphilis	Screenings for all pregnant women, and those at increased risk					
Immunizations						
Tetanus, Diphtheria (Td)	1 dose: Tdap; Td booster every 10 years					
Influenza	1 dose annually					
Pneumococcal	PCV13 1 dose given first PPSV23 1, 2, 3 doses if indicated					Once even if previously vaccinated
Measles, Mumps & Rubella (MMR)	1–2 doses recommended for adults who meet the age requirement, lack documentation of vaccination, or lack evidence of past infection					
Meningococcal (Meningitis)	1 or more doses if not previously immunized, depending on risk factors and other indicators; 10 or more doses depending on immunity or past vaccinations					
Varicella (Chicken Pox)	2 doses 4–8 weeks apart without evidence of immunity					
Herpes Zoster (Shingles)					1 dose	
HPV (Human papillomavirus)	3 doses if not previously immunized					
Hepatitis A	2 or 3 doses if not previously immunized when requested, or at risk					
Hepatitis B	3 doses if not previously immunized					
Haemophilus Influenzae type B	<ul style="list-style-type: none"> • 1 dose for patients with asplenia, or sickle cell anemia • 3 doses for patients with Hematopoietic Stem Cell Transplant History (HSCT) 					
Other Recommended Screenings						
Body Mass Index (BMI)	Regular screening for all adults					
Blood Pressure (Hypertension)	Check at every visit and perform blood pressure screening for hypertension—once every two years for blood pressure less than 120/80 mm Hg, and every year for systolic blood pressure of 120 to 139 mm Hg or diastolic blood pressure of 80 to 89 mm Hg					
Cholesterol	<ul style="list-style-type: none"> • Screen for lipid disorder (high cholesterol) starting at age 18 • Regular screenings for men over 35, and women over 45 who are at risk for heart disease • Regular screenings for men 18–35, and women 18–45 who have an increased risk for heart disease 					

Please check subscriber certificate/benefit description for a complete listing of covered tests and procedures. Your plan may not cover every screening test listed. These guidelines are generally for healthy adults with no current symptoms or prior history of medical condition.

1. These guidelines were developed by Massachusetts Health Quality Partners (MHQP), a broad-based coalition of health care providers, plans, and purchasers working together to promote improvement in the quality of health care services in Massachusetts. Blue Cross Blue Shield of Massachusetts is an MHQP member.

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ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: **711**).